

# VA ONLINE PROGRAMS

## SUPPORT YOU CAN ACCESS ON YOUR OWN



The Department of Veterans Affairs online programs provide help, education, and support to Veterans and Servicemembers.

Ask your doctor or therapist if you should add an online program to your treatment plan. These programs do not replace professional care – they are an additional resource available to you.

## WHY TRY VA ONLINE PROGRAMS?

Free & designed for Veterans & Servicemembers

Easy to use: Explore one step at a time

Engage with videos and games

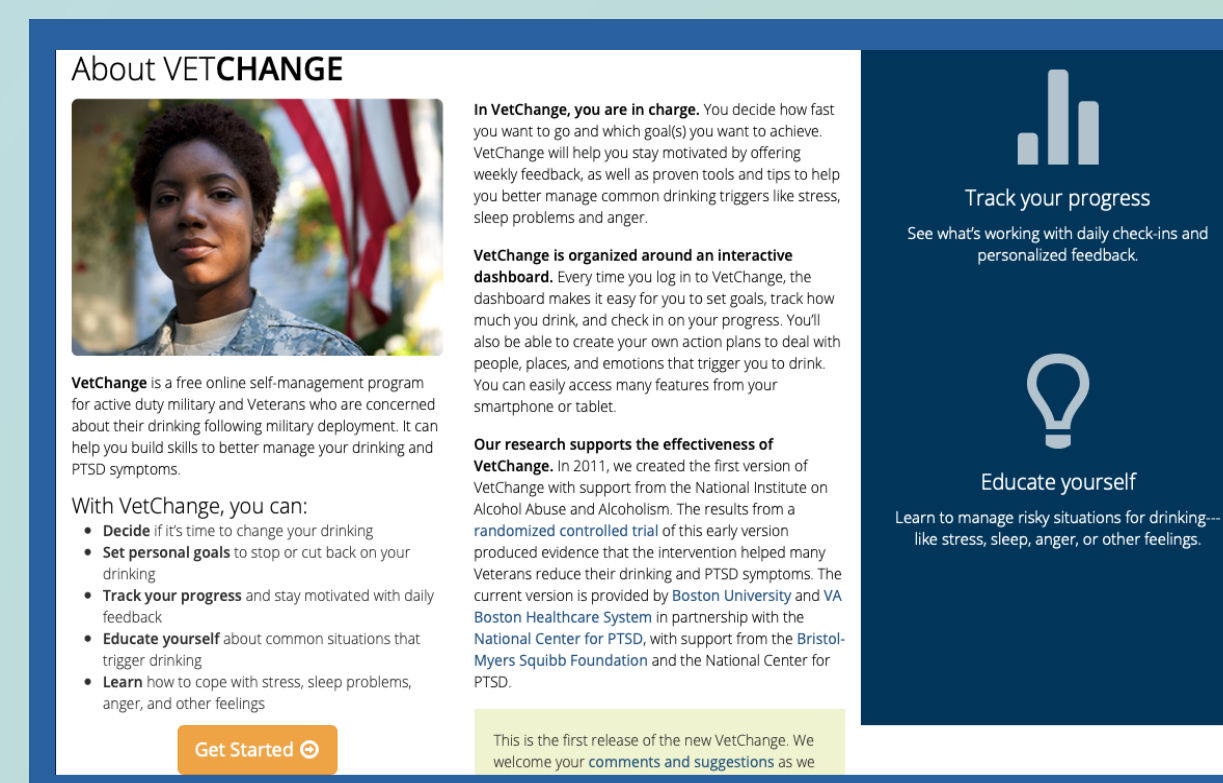
Lots of additional resources available

## VETCHANGE



Take control of your drinking and learn to manage PTSD symptoms without using alcohol.

[www.ptsd.va.gov/apps/change](http://www.ptsd.va.gov/apps/change)



## PTSD COACH ONLINE



Cope with upsetting thoughts and reduce the symptoms of PTSD.

[www.ptsd.va.gov/apps/ptsdcoachonline](http://www.ptsd.va.gov/apps/ptsdcoachonline)

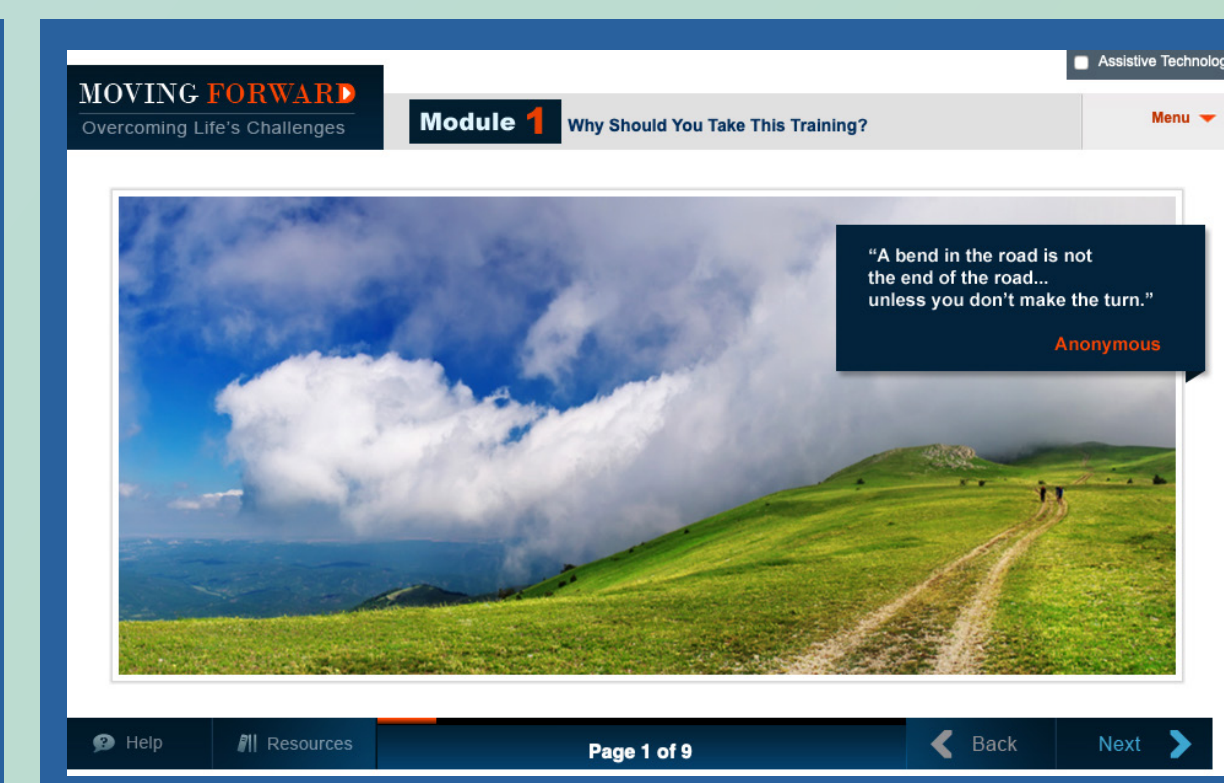


## ANGER AND IRRITABILITY MANAGEMENT SKILLS (AIMS)



Manage your anger and develop self-control over your thoughts and actions.

[www.veterantraining.va.gov/aims](http://www.veterantraining.va.gov/aims)



## MOVING FORWARD

Improve your problem-solving skills to overcome stressful obstacles and meet your goals.

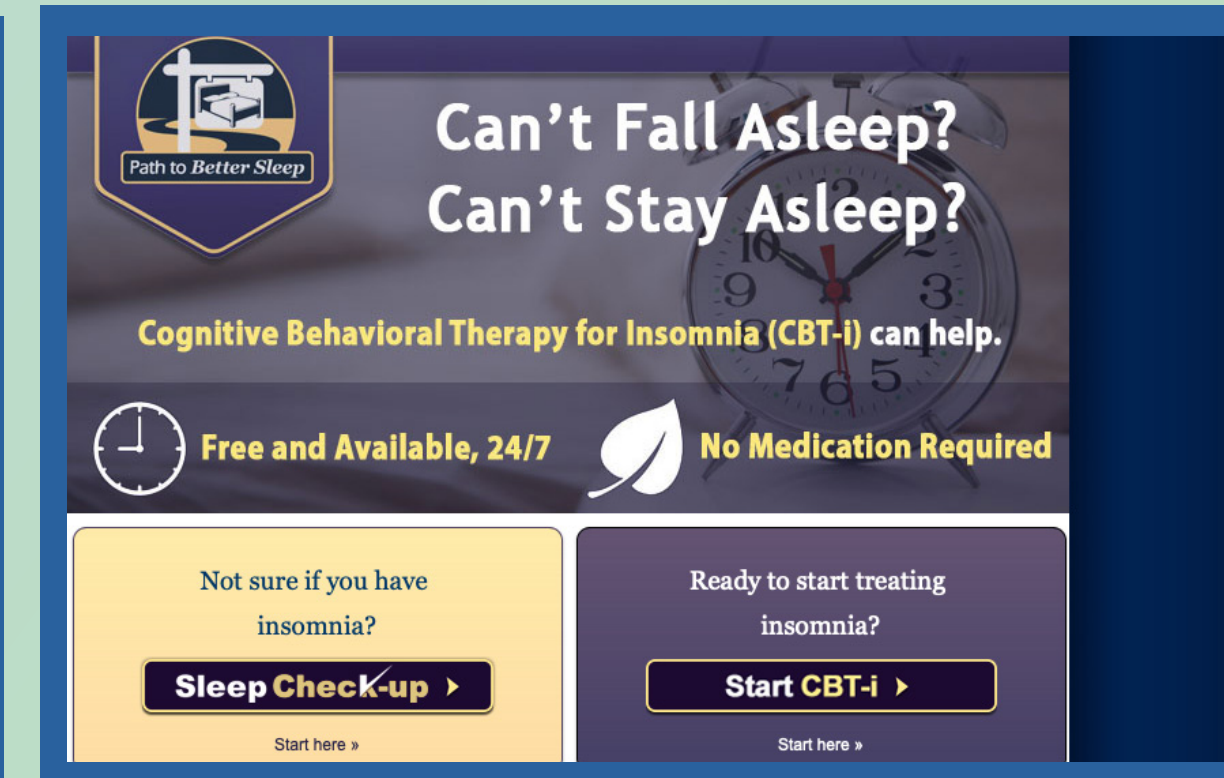
[www.veterantraining.va.gov/movingforward](http://www.veterantraining.va.gov/movingforward)



## PARENTING FOR VETERANS AND SERVICEMEMBERS

Strengthen your parenting skills and reconnect with your children.

[www.veterantraining.va.gov/parenting](http://www.veterantraining.va.gov/parenting)



## PATH TO BETTER SLEEP

Improve your sleep habits and get more rest.

[www.veterantraining.va.gov/insomnia](http://www.veterantraining.va.gov/insomnia)



Use the QR code reader on your phone to scan a code.  
You will be taken directly to the website listed.

Questions or suggestions about these online programs?  
**Contact [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)**



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